

Beyond Black and White: Being Chinese in America

Apply Now!

New group starting April 2021
Deadline March 19

- Online Format
- 4th Saturdays for 7 months
- April 24 – October 23, 2021
- 1:00 - 5:00 pm PDT

Are you grappling with being both a target of racism as a Chinese person while also being accused of being anti-black or “nearly white”?

Do you want to address institutional racism within your own spheres of influence?

Are you looking to heal from internalized racial conditioning?

At times, do you feel self judgement or shame about being Chinese?

Are you navigating being Chinese against both a Chinese standard and a white standard?

Are you struggling to be your full self in your workplace, in your home, or in your community?

If so, this UNtraining group may be for you!

The UNtraining is a provocative and compassionate approach to help people discover how to work together in extraordinary ways to end our collusion with racism and all forms of oppression. The UNtraining provides insights and tools for all levels of experience and activism to people of color and white people. The [Chinese group](#) is for people who self identify as Chinese. It introduces the basic tools and concepts of the UNtraining using experiential exercises, interactive presentations, journaling, readings, and group discussion. Participation in the group can help you to:

- **Be more aware** of the intersection of white training and your own Chinese cultural training and how this intersection impacts your view of self, your relationships with others, your ability to choose how to respond authentically in racially charged moments, and your ability to have confidence and influence in the world
- **Communicate authentically and compassionately** with others about issues of racism, privilege and internalized racism
- **Move beyond the dichotomy of seeing people as either “good people” or “bad racists”; or people of color as “good representatives of their race” or “bad representatives of their race”** by learning to hold your white social conditioning and your own Chinese cultural conditioning in the context of basic human goodness
- **Recognize how your personal stories can be used by the training to “hook” you** and render you ineffective in interrupting racism – and more!

The Participants come from a variety of communities, organizations, family structures, and lines of work. They are motivated by both personal and professional concerns, and a desire to work in a group setting. Group size is 10 – 12 participants.

Session Dates: Seven monthly meetings in 2021 constitute one cycle. We will meet on the 4th SATURDAY of the month: April 24, May 22, June 26, July 24, August 28, September 25, October 23. Sessions will be 1:00-5:00 pm PDT, online. A commitment to attend all seven meetings is necessary for the continuity of our deep work together.

Meet the facilitators on [our website](#).

How to Apply

- Check the dates above to be sure you can commit to all of them, barring illness or emergency
- Download the application [HERE](#)
- Complete the application and follow instructions for submitting via email
- Once we receive your application, we will contact you to set up a phone or zoom interview to tell you more about the program, find out more about you, and answer any questions you may have.

Deadline to apply is March 19, 2021.

What is the Cost?

The fee is sliding scale \$700 - \$2,000 for the seven-month program. Choose to pay at a level that feels meaningful and affordable for you to do this work. As you place yourself on the scale, please consider both your financial means and your commitment to end racism and other forms of social oppression. Being as generous as you can will also help others who want to do this work but may need financial support. Finances should not be a barrier: payment plans and other options are available. We are happy to have a conversation to see how we can support you to participate. There is no cost to apply.

Questions? Please contact us at chinesegroup@untraining.org or call (510) 235-3957.

What Participants Say

"I began my real journey in anti-racism when I joined Chinese UNtraining Phase 1 in 2015. I realized that to truly be an ally in the anti-racism movement, I first needed to understand my own oppression as a Chinese person and my role as an oppressor in systemic racism and white supremacy. As hard as it was to be vulnerable, this was the most impactful time of growth for me."

"My experience in the Chinese UNtraining group was the first time I realized how much I had absorbed and internalized other people's perceptions of me. I felt like a veil was lifted from my eyes. That experience set me on a journey of unlearning so I can wholly love myself and truly be me."

"The Chinese UNtraining provided the space and tools I needed to understand how my internalized oppression kept me from the community connection and belonging I yearned for. It was a rare gift to do this work alongside others who share my ethnic background. We grieved the pain of our shared experience in the dominant white culture while also celebrating the diversity of our authentic selves. The love and connections I've made here have been transformative across all the areas of my life and continue to feed my heart years later."